

ABSTRACT

**THE STUDY OF LAXATIVE UTILIZATION PATTERN IN
CANCER PATIENTS USING OPIOID ANALGESICS
(Conducted at Palliative and Pain Management Department of RSUD
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Constipation is a condition in which a person has decreased frequency of bowel movements (less than 3 times a week), resulting in dry, hard and small stool. One may experience pain when defecating. In some cases, bloating or pain in the ridge and chest area adds to the symptoms. Constipation is caused by lack of dietary fiber and physical activity, lifestyle changes, delaying the desire to defecate and use of certain drugs such as opioids. Approximately 40% to 95% of patients treated with opioid analgesics experience constipation as a side effect.

This study's purpose was to examine the utilization pattern of laxatives in overcoming constipation due to opioid analgesics in cancer patients of Palliative and Pain Management Department in RSUD Dr. Soetomo Surabaya, regarding to the class, duration and dose of laxative use. It also aimed to address Drug Related Problems (DRPs) related to the use of laxatives including indication appropriateness, dose conformity and side effects of laxatives.

A retrospective, non-experimental (observational) study with descriptive analysis was conducted. The study samples were all new outpatients diagnosed with cancer in Palliative and Pain Management Department. All cancer patients using opioid analgesics that caused constipation and getting laxative therapy during the period of July 1st to December 31st, 2017 were included in the study.

The results were as follows: There were 168 patients in total with laxative prescription and 420 patient visits issuing constipation. Prescribed laxatives were lactulose syrup, Bisacodyl oral tablets, Bisacodyl suppositories, fleet enema®, Laxadine®, and Microlax®. Some doses and prescribing frequency of Laxadine® were incompatible with literature, yet the dosage and prescribing frequency of the others were in accordance with the literature. DRP recorded in the study were diarrhea after laxative treatment in 3 cases.

Keywords: Cancer, opioid, constipation, laxative, drug utilization study